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Lemard G. Guthrie M.D.

1894.

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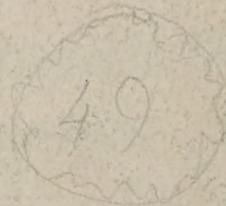
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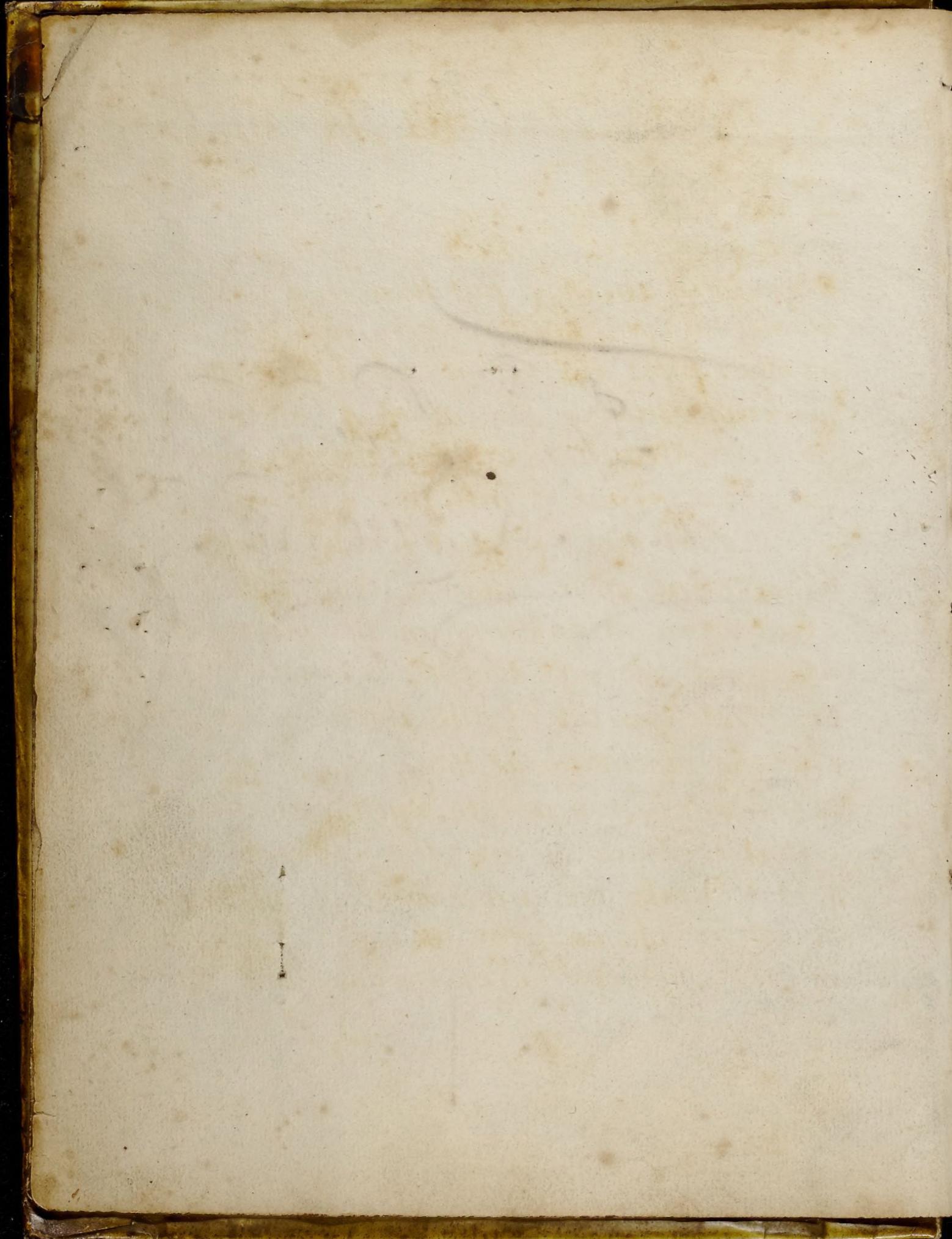
Lemard G. Guthrie

A.D vi. Id. Jul. MCMXIII

W

The Lady Sudley
her Receipt book. 1686.





A Receipt for the Dryness.

(J)

Take Skorehound, Glarts tonge, Liverworth, Worm
 wood, & Sorrell, of each a largē handfull shred
 them very small & put them in a pasty of Barely
 meale, the pye must be very well closed & baked
 as other pyes are, being baked take it out, And
 having ready a staunes of 4 gall^s of new Ale
 or new Strong Beere, Cut tho pye into little
 peeces & put it into the Ale or new Beere
 & cover it close & let it worke & after 2 or 3
 dayes drink of it as much as y^w will, Cheifly a
 great draught fastings in tho mornings & also
 at night goings to bed, begin to drink it in
 tho first Quartre of this Moone, & soe drink it
 till tho Moone be at the full. If y^w keepe an
 extraordinary & temperate dyett drinkinges nothings
 else it will likely cure the dropsie in 3 weekes,
 But to make this more perfect put into tho
 Staunes of Ale or Beere a Quartre of an ounce
 of the salt of Wormwood.

Probatum est.

TO MAKE SNAYLE WATER.

Take a good peck ⁽²⁾ of garden snayles in their shells & wash them in a great bowle of boord, then make your Chimney hearth very clean & pour out half a bushell of Charcoales and set them on fire, & when they are throughly kindled, then with a fire shovell make a great hole in the midst of them & pour the snayles & scatter some fire of y^r quick coales amongst them, & see let them rest till they haue done making a noyse, And then you must take them forth, and with a knife and course cloth pick ^{y^r} & wipe them ~ from the ashes & coales & the green froth that is upon them. Then in a stond Mortar bruise them shelles & all, take also a quart of earth wormes, & scour them with water very well divers times over, then wash them well from their filth, then put them into a stond Mortar & beat them well to powder, then take a cleane Iron pot upon which sett y^r Limbeck or still, then take 2 handfulls of Sallendine & lay in the bottome of y^r pott & 2 handfulls of Angelica must be Laid upon that, then put in a Quart or two of rosmery flowers also boarsfoot Agrimony Rodeock roots, Barks of Barbary trees, wood Sorrell, Bittern, of each of them two handfulls, halfe a handfull of Rue of fonegrick & Tumricke of each an ounce well beaten, then lay y^r Snayles & wormes upon the top of all those herbes and flowers.

(3)

Then pour in throe gall^s of the strongest Ale then cover
your pott & lett it stand all night or longer if y^w please
in the place where y^w meane to make y^r fire under it.
In the morning y^w must put in throe ounces of Cloves
boare to powder, sixe pony waight of saffron dryd to powder
Harts horne fyled sixe ounces, y^w must not stirr it after
ye have put in the Hartshorne for it must be uppermost
then sett your limbeck & Closse it with Rye dough & make
a very soft fire under it & receive y^r water by pints tho
first is strongest tho next weaker & weaker, but the weakest
is usefull, the smalles if need be may be helpe with putting
in one spoonfull of the strongest to 4 of the smalles, It is
to be used two spoonfulls of the strongest to 4 of Ale or Beer
or with wine, & of the snailles as much of Ale or beer or of
wine, This water is by experiance good for the yellow &
Jaundise & for all gridres cominge from the obstructions
of the Liver holps the Consumption, it must be takon in
the moriing & two houres before meale in the after
noone with some moderat stirring of the body &
after the taskinges of it &c

or Salvia

Aqua Mirabilis. A.3)

Take of the seeds of Cardinium, Cubebes, Gallingall,
Mollet flowers, Cloves, Macs, Nutmeggs Ginger of each
one dramme, boynes made into powder putt them into ~
3 pints of white wine & one pint of aquæ vitæ, a pint of
the Juice of Sallondine put all those into a glasse Still and
soo lett them incorporate all night, in the morning distill it

4) With a soft fire in water Lett it drop on shuggar candy
or fine Shuggar put into y^r glass if y^w like with y^r Shug
a Little Amber Grease & saffron tied up into fine Cloath &
y^w may draw out of this quantity two quarts keepe one
quart which first comes by it selfe mingle it either strong
or small as you list you may make it in winter with
the Juice of the Rootes, y^w may take whon y^w please
The usuall time is halfe an hour before dinner & supper
& before y^w goe to bed one spoonfull or two at one time
it preserves the Lungs helpe the Stomack, helpe the ~
Stoppings of the vynes, helps the Palsoys.

(4)

Palsey Water

Take of Bitterago flowers, Buglos flowers, the flowers
of Lilies Convallia & Consolias of each one handfull,
of Sage floweres of Rosemary flowers of Bittany floweres
of each halfe a handfull let all those be gathered in thise
severall seasons for they are not to be had all at one
time, but take the first that cometh & let them be stoope
d in very good spiritt of wine distilled from all
phlegme in two glasses till all may be haue, And let them
stand ten dayes after the last is in, but always very close
stopped, Also when Lavender cometh Stripp of the fairest
heads the quantity of 2. & put them into a large gall^t
glass & pour on them as much spirit of wine as before
so Cover them well stopped & lett them stand 14 dayes

(5)

In the Sun or soms other warmed place with the
other glasses, which dons take ^{the} Labondre with the spirit
e distill it with a Limbeck by it selfe; then take the
water you extract e put it with all the former flowe
e spiritt together in a Limbeck e put therewith those
things followinge, of Balme, Motherworts, Bay =
leaves, Spikenard, the leaves & floweres of Orangs
tree if they may be had, of each one ounce Cutt
or shredde severally the yellow pills of Citron dried or
else of Lemon peales, of Piany seeds hulkes of each six drams
of Cynamont, Nutmeggs, Cardinum, Cubebes of yellow
saunders of each halfe an ounce, being all made in a
powder and of Ligur Allors one drame in powder and of
Tubebes newe e good the stonnes taken out e cut small halfe
a pound, all which boinges well mingled together in the
Limbeck lett them be carefully distilled, with an indifferent
fire, if y^e pleasse y^e may make two sorts, stronger
& weaker, which y^e may doe by preservinge the first y^e
comes off by it selfe; And soe use them as occasion
forves, Then after it is distilled put them into a wide
mouth glasse e soe stopp it close, And take of ~~xx~~ xviij caro
pearles e smaragdes of each one scruple of Amber
Grease, Musk, e saffron of each halfe a scruple, of Red
Roses dried well, e red e yellow Saunders, small e thyme
sliced, of each one ounce, put all these into a farnett
bagge e hang in the water six weekees together and
cover it close with a double Bladder that none of the

9) Strength breake out and afterward pour it off, put it
in glasses and keepe it for yr vs.
This water is exceeding vertue in all grounding weak-
ness of heart & decaying of the spirits, it is in great
vertue in all Appoplexies, Palsy Epitopsia also in
all paines in the Joynts coming of Colde in all
bruises outwardly bathed & dipped in it & laid to, the
vertues are more then man can concive, this comfort-
eth & strengtheneth all Animall vitalls & naturall
spirits, & cleareth the opternall sens^{es} strengtheth the
Memory, restoreth the lost appetite, all weakness of
the stomach being both taken inwardly & bathed &
outwardly, Take of it a quarter of a spoonfull and
fast an houre after it, It taketh away the giddines
of the head, it helpeth lost hoaring, bringeth a ple-
asant breath, And there can be no better remedies
in Palsies, Appoplexes both to help in the fitt and
to prevent it, y^e may take it moruings & evenings
a quarter of a spoonefull with Crumbs of bread &
shuggar, it helpeth the lost speech, all cold disposi-
tions of the Liver, & a beginnings dropsy, it
helpeth all cold diseases of the Mother.

The most Excellent Receipt of the Wound water. (sc) 7

Take Southwicks wood, Wood wood, Bugles, Mugworth,
wood Bittony, Sanacle, Plantin, Dandlyon, Ribwort,
White bottles, or Campions of the garden, Bramble Budds,
Egrimony, wild Angelica, Cumfory Hawthorn budds,
Mints Scabions, Strawberries leaves, all kind of hony
Suckles, Alunis, Viollet leaves, Oak leaves Gyncefield, Dasy
rootes, Alders tongue, of each one handfull add to thofe
a pottle of white wine, a gallon of runnys water, boyle
them all together vntill halfe be consumed, then strain
the Liquor cleane from the herbes, then put it to a quart of
hony & boyle it againe, then put it into a glasse & stopp
it very Cloſe for the use, Lett the Patient drinke 3 spoond
fulls of it at a time lukewarms every mornings fasting
and soe last at night vntill he hath drunk a quart
therof, besides thofe if it be an old sore or ulcer apply
to the sore or ulcer a playstor of hony and waps.
This Cureth all wounds, womens breasts putrifyed bowes
cauſing them to scalle Ache in the Stomach, to
breaketh an impostume Stoneh the blood of windes
broken in the body and cauſeth bulletts to fall out of
the body wounded.

PROVINCIAL 88.

8)

To make oyle of Swallows (6)

Take 10 or 12 younge Swallowes ready to fly stamp them in a stone Mortar with their gutts & feathers together wth Lavender, Cotton, Balsme, Spearmint, red sage, Camomile wildstrawberries leaves & wild thyme of each a handfull but lett those herbes ly^g one day unwashed after they be gathered & then stamp all together with the swallows till no feathers be left whole, putt thereto a good quantity of May butter or fresh butter & let all stand one whole night in the Mortar, the next day boyle all these very softly three quarters of an houre or a whole houre, then strain it through a cleane Linen Cloath into a cleane vessel & keepe it for your uses.

To Make A Jelly of Hartshorne VII

Takes a pint & a halfe of faire runnynge water & halfe a pint of white wine, two ounces of hartshorne scraped let it boyle softly in a pipkin close coverd til it come to a pint, then whilst it is hott strain it & putt to it a little sliced ginger, & diamond shick the next day take of y^e topp of it & leave y^e bottom of it y^e y^e may have y^e clearest & putt it in a skillet & putt to it shuggar a topp of sweet Marjerum, halfe a spoonfull of red rose water, a little juice of a Lemon & of an Orange & so let it stow a little while upon y^e fire & putt through a jelly bagg wth a little rosmery sprigge in y^e bottom of y^e bagg take it morning & evening & 2 or 3 times in y^e day in cold or else melt it, & so drink it blood warming //

For the dropsey, yellow Jaundice, Itches breakings
out & Mangies of y^e body to purifie y^e blod from corruption
ag^t y^e green sickness & all stoppings Every good for young
maids = VIII Cf. Salomon p. 95.

Take the rootes of Cimonhos Rubarbe otherwise called patience
& red Madder of each halfe apd, 4 ounces, of Aniseds and
Lickeris of each 2 ounces, Scabions & Egrimony of each one
handfull, slice the rootes of Rubarb, bruise y^e Aniseds and
Lickeris braks y^e herbs with y^r hand & put them into a ston
pott called a stand with 3 gall^s of strong Ale to steep
the space of throe dayes then drinke this as your ordina
ry liquor for the space of 3 weekes at the least, the longer
you take it the better provided you haue one stand
under another. //

To cure any Fistulo thonge of 20 yeares old

IX

Oake of roch Alloins & white Copperoes of each a like quan
tity burn them in an earthen pot over a soft fire, when it
is hard then break it in an Iron mortar & sift it 4 or 5 times
through a Lavnd, put as much of this powder as will lyg on a
shillinge in a quart of runing water ses salinges & wash the
wound w^t this water twice aday. & lay an old holland cloath
wett in the same water upon y^e wound & lay this poultesse as
as folleth upon the cloathes that it may touch the sore

Take Sention, ground Ivy, Smallage dasoy rootes & leaues
Mallowes of each a handfull Chop them very small & boyle them
in a quart of runing water with a quarter of a pd of
mutton fuet, when the herbs are tender thicken it w^t roheat
brann, lay a fresh poultess every morninge. &c. //

A Powder

X

Take of Corall Amber and Jott of each one ounce, then
 take 3 ounces of Pearle & six ounces of hartshorn burnt
 with iv^{ch}, take the smoothest whites of the eggs & y^e little
 black claw of the King Crabb of each halfe an ounce, these
 if possible must be taken when the signe is in Cancer, take
 a quarellion ounce of the stones w^{ch} y^e shall find in the heads
 of the Crawfish & take halfe an ounce of y^e bones whic
 are in a staggs heart which must be burnt, halfe an ounce
 of Indian Snake wood, & as much of the rootes of Goats
 Raine, which must be gathered in winter & well dryed
 take all those ingredients & beat them into very fine
 powder & grind them with redrose water upon a
 painters stonye & let it dry, then powder it very
 fine, & force it through a very fine Laven^d p^y w^{ch}
 will not come through beat & grind againe because y^e
 may not lose any of the substance, they must be
 beat & scoured severally & when y^e haue made them
 into fine powder, then weigh them againe, & take of
 the Corall amber & Jott of equall quantities & of the
 Pearle & hartshorn what they ^{will} y^eild when they are equally
 scoured then take 2 ounces of rasped hartshorn, & put
 it into a pipkin with 3 pints of runnings water & boyle
 it till it come to a stiff Jolly & when y^e think it enough
 take a spoonefull & let it coole & if it be stiff straine off
 the w^{ch}, y^e take 4 pony wortz of saffron dry it into powder and
 straine it into the Jolly whilst it is hott & soe let it coole
 then put all y^e powders into an Alabaster Mortar & your
 Jolly by little & little untill it come to a past, and if you

pleasē y^w, make it up into balls or into the fashion of
an eggs, or into long rolles, y^w must put in the fynale
wood, Goats Rhind rootes & an ounce of boarstone, halfe
an ounce of ambergrasse & 20 graines of Muske, your
Musk & amber grasse must be powdered & put into the
Jelly.

A Pill for the stone in the Kidneyes Collick

XL

Take Holland powder 2 drams Pulvis Sanctus one ~
drain & a halfe Pulvis ad Calicum 4 scruples, powder
Mint, powder of Licorice, of each one draine; Balsome
Indie one scruple venice Turpentine wash'd very well
as much as will bring all into a Mass to pills /

Take mornings & evenings 3 at a time when y^d fitt
is about so times or more in a moneth, and when
the fitt is on y^w take 4 or 5 pills & presently drinke
as much Ale y^w can possible, if y^w vomitt drinke as
more Ale as y^w can & either walk or ride 2 or 3 hours
after it and this will bring away the stonē and
remove the Collick

Take some of these pills every moneth, it will
prevent the disease from coming again /

A Receipt for the cure of all Ague

XII

Takes Elder Sticks of one yeares shoot newly out from the tree
 Scraps of the upper bark first which is naught & then scraps of
 the green inward bark & of that take a good handfull & bruise
 in a stone Mortar or wooden bowle then put it into a pint of stronge
 Ale and let it infuse all night before the fire, the pott be covered,
 so that it may be warme and noo more and a little beforde the
 partye expectes the fitt straine the Ale from the bark, the last =
 boynge squeezed is the strongest and best, & put into it better than
 halfe a spoonfull of pepper grossly beaten, and soo soon as they
 find any grudginge of the fitt drinke it and stirr up and
 downe, and in twice takinge it will Cure

It hath beene very often proved

To make Pills for the Head & Stomach

XIII

Takes an ounce of Aloes, a quarter of an ounce of Ruborbs, halfe
 a quarter of an ounce of Stramaticum Rosatum, beale those into
 fine powder & make those into pills mingled with the
 Compound of Syrup of wormwood, and take three of them
 half an houre beforde Supper, and soo Continue every third
 night till the whole Mappe be taken

probatum.

After the pills haue wrought drinke somē possott drinke
 about two hours after.

A Drinck Good for y^e Pissly

XIV

Take of the shavings of the stalks of old Rosemary halfe a
weight Orangs peeler, wheate brann of each one handfull, red
Sage dried by the fire a day or two ~~by~~ handfulls, put those wth 2 or
3 Gaddes of new Steele into a boltinge bagge & hang it in a vessell
of 4 or 5 gallons of ale or boord of a middle strength & drinke
no other drinke for a whold yeaer /

Pills for the Head

XV

Take of Alloes a dram the rootes of wild gourds of all sorts, of
Mirabilans, Diagrodium, Masticks, Bay berries, Roses of each
halfe a dramme of saffron a scruple stamp them well together
with the Juice of Colerworths & take seaven pills of the same
Mornings and Evenings.

A Malleke for the Stone.

XVI

Take the rootes of Saxafridge rootes dried to powder three
times in a weeke, every day as much of the powder as
will lyd upon a six pence in white wine, thi next weeke
drink it twice in the weeke, the third weeke once, &
doe this every Quarter of the yeaer

A receipt to make blacke Salve

XVII

Take one quart of Linseed oyle halfe a pound of Boe
wax, halfe a pound of verry good whit Lead otherwise
called Ceres; first put the oyle into a skillet and lett
the oyle be moderate hott, then add to it the wax lett
them sooth together untill the wax be quide molte &
then put in the Ceres, as soone as y^e have put in the
Ceres stirr them allogother & lett them boyle near about
two hours & lett it be stirred all that time; it must be
boyled till it be blacke & stiffe and smel well, and that it
will rewle betwene y^e fingers

It must be a very moderate heat of wood Coalcs.

A receipt for ^{the} Tooth Ache

XVIII

Take a pint of whitewine vinegar, take the quantity of
3 boore glasse of the purest venice glasse, put all y^e Venice
glasse into the fire whord you must burn it untill such
time as it be ready to dissolue to nothinges, then take it out
of the fire & put it into the white vinegar, whord if it be wel
burned it will melt & dissolue to nothing having prepared your
Liquor in this manner, y^e must when y^e are troubled wth the
tooth aches take some thereof & warme it in a dist or porringe
then take a mouthfull now & y^e booy it in y^e mouth as long as you
can went swallowing, for to swallow much once would be as bad as poyson

To make A healing Salve

(15)

XIX

Take halfe a pd of Sheeps suett, halfe a pd of the best Rossin, halfe a pd of Rodes wax, and 3 peny worth of Venice Turpentine, first melt the hard e then put in this Turpentine, & lett it but just boyle up, and soe dore it up.

To make oyle of Charify

XX

Take Rosmary, red sage, wormewood, Iuonide, the lesser valerian, Camomill of each one handfull put these into a quart of the best Sallott oyle, sett it in the sunne seaven dayes, then sett it on the fire and lett it but boyle, then straine it from the herbes, & putt in fresh herbes, & soe doe 3 times & poure off the cloare from the thick & keep it for y^r use.

This is good for all bruises to be taken inward or outward if inward give 2 spoonfulls of the cloare in a little balme posset drinke, & annoynt it outward with this thicknes, this will helpe y^r toothache & all Old Rhumes if y^w but dippe a cloath & lay it on; A little of this oyle wth Sennet oyle will cleanse a wound.

A Sure Cure for All Ache

XXI

Take halfe a pint of the best Sallett oyle, one ounce
and a halfe of white Cros, a quarter of a pd of white
Lead, boate them severally, put y^r oyle into a broad
pane & set it on the coales till it begin to boyle &
then then put in y^r Cros Stirring it with a long
stick till it looke like faire water, then put in your
lead & Stirre it till it looke blackish and dropp of it
till y^r can rounde of it in y^r hand, y^r shall see it
enough boyled by droppinge it in fair water &
when it will rounde y^r may make y^r scarleake
presently.

A sweete drinke for the dropsy Short winddness or the Cificks

XXII

Take one pound of Liquorish, Carraway seeds froot
Corriander froot, Amis froot, of each 2 ounces parbor
one ounce unles the patient can make noe stooles
then halfe an ounce will serve, Alliocompaine root
Bellipodium of each 2 ounces Bay berries 3 ounces,

(17)

Rosomary, sage, Thyme, Burreage, Hyssop, Winter
savory, Pennyroyall, Woodbirde, Weather wine; some
call it weather wine; others call it Spate wine of each
one handful, Take 3 galls of Spring water & boyle
all those together till they come to halfe the quantity
wher that is cold, Straine it through a clean
cloate, put it into earthen bottles & drinke it halfe
an houre befor y^e eat or drinke any thing else
in a morninge, one quarter of a pint at a drauge

A receipt for a redd face

XXIII

Take the Juice of Southernwood one large
spoonfull put it into a pint of Strong ale
or halfe a pint of Sacke drinke this by six
of the Clock in the moring fastings, abstaine
from eatinges or drinkinges vntill noon ~~xxiiij~~
then take Southernwood & put a little vinega
to it & eat it with bread & butter as sage, & att
twelue you may goe to dinner, this is to be observ
ed for two dayes together //

A good preservative against the plague
or Pestilence

XXIV

Take Sago of vertue Rue otherwise called herbe graso, Elder leaves & odd Bramble leaves of each of them a good handfull stamp them together & then strain them through a fine Linen cloke and put to the Juice a quart of good whitewine and a good quantity of white wine vinegar mingle them together & put hereto a quartor of an ounce of white Ginger beaten to small powder use to drink this medecine every morning fasting for the space of Nyne dayes together the quantity of a Spoonfull at a time and this will by Gods help p[er]sist y[ea]r for the space of a whole year.

A drink for the Ricketts

XXV

Take of Botany Egrimony, Hartstongue, Liver-
wort, Colts foot Scavious shuggar of each halfe a
handfull, the middle rhine of Ash, Horne rootes
of each a quartor of an ounce, Water cress

(19)

Breake wine of each one handfull, ffiggs sliced 10, Raisins
of the sun stoned 3 ounces, boyled all those in a pottle of
faire water unto a quart & when it is almost boyled
put in a quartor of an ounce of Liquorish strains it &
lett her drinke of it 3 or 4 times a day & also in the
night if she weth ther to drinke you must put in
harts hornd easyd halfe an ounce

A Medicin for Freckles

XXVI

Take a quart of white wine & a pottle of the flowers
of Rosemary put them in a good glasse bottle, then fill a
great skillott with water Lapp the glasse in hay & sett
it in the skillott before y^e sett it on the fire & so lett
it grow very warm but not boyled at all, then take a pint
of white wine vinogar put a new laid egg in it and lett
it remaine in the vinogar till the egg be consumed
or dissolved then straine the vinogar & white wine
and putt the Liquor in a cleane glasse, then givv it
a warme over the fire & soe keep it for y^e vse.

Take a pint of Plantain water & a pint of Fomitory
water, drinke a quartor of a pint every morning
and fast an houre after it.

1686

A Silver for Scurvy Vses called
the Leaden plaister

XXVII

Take one p.d of Oyle olive of the best s. of white
Lead very well calcinated into dust, 12 ourcos of
Spanish soap incorporate all these well together in
an earthen pott well glazed & when they be well incor-
porated that the soap comes upermost & put it upon
a small fire of coales, continuinge the said fire an
hour & a halfe still stirring it w. a bolt of Iron
fastned to a sticke of wood, yf makes yf. fire some-
what bigger, till the rednes be turned into a gray
colour but yf. must not leave stirringe till the
matter be turned into the colour of oyle somon
darker, then drop it on a wooden tronchar & if it
neither cleare to yf. fingers nor the tronchar tis boyled
enough, then dipp yf. cloathes in that, the Scarclotes
therin dipped will last 20 yeards, & yf older yf. better
this plaistor laid to the stomach provoketh appetitie and
takes away the paine of the stomach layd to the
belly, tis a remedie for the Colickes laid to the
riues of the back it stops the bloudy flue ~ ~

(21)

Runnynge of the reines heat of the kidney & weaknes
of the back, it healeth all swellings, Aches & bruises, it
breakes ffollicles, Impostumes, pusheth & haleth them &
bings applyed to the fundam^t it healeth all diseases
therin laid to the head, it is good for the vnnilla

A Good Cordiall for A Woman in Childebed

XXVIII

Take a quartor of a pint of Cowslip wator & 2. ounces of
Syrrip of Cowgilly flowers & 2. ponyworts of Cinamon
water & 2. spoonfulls of Claret wine & Alcenus one
dram mingling all those together and it is a soverai
gne cordiall for any especially for one that lyes
in Childebed

Pills for the Head

XXIX

Take one handfull of Allors and draine
for A Toller

Take one handfull of Sallandine & as much bay
salt as can take up betweene y^r finger & Thumbe &
the juice of halfe a Lemon stamp y^m together in a
Mortar & straine the juice out & wash the place and
yⁿ put some of the herbes upon it, vsse this 3 or 4
dayes together dressing it 3 or 4 times in a day &
together &c &c

To Pickle Walnuts

Take y^r Walnuts at y^r bignesse that y^w may run a pin through & put them in a pott & cover them wth a pickle made of salt & water, boylo the pickle up with white leavess, lett them lyse a weeke or a fortnight in the pickle if you like it, if they mould put a powder of rock'd Almonds in & cover them close, then take to a pint of white wine a quart of white wine vinegar & boylo y^m with salt & lett the pickle be cold, then take the nutts out of the pickle & crost them with a knif^e and scrap^e the inwards out with a Skivve and fill them with mustard, pepper, Ginger, and garlick mixt all together, Lay them close together in the pott & poure the pickle to them, Cover them with a slate or Tilde.

For the riscinge of the Lytes

XXX

Take red rose water a quarter of a pint or else a penny worth of Saffron tyed up in a Savoury bagg or Tiffany steep it in ^{the} water a whil^e then crush it between two spoones till y^w make the water an Amber Colours

Then give two spoonfulls of it ^{to} the partie whon tho ffitts cometh, if it doth not lay it give two spoonfulls more immediately for thred or four sundry ffitts

A Receipt for the Wormes or a very good Purgat

XXXI

Take 4 peny worth of Alloes & 2 peny worth of worm seed & 2 peny worth of hartshorn it must be powder of hartshorn & one peny worth of Curralline, bruise the Alloes & pound the worme seed very small & pound the Curralline to powder then mingle them together & give it 3 mornings together as much as will lys on a six pence in a spoonfull of Boord & then wash your mouth wth an other spoonfull of boord & fast 2 howres after it, & then take a little thin broth & keepe y^r selfe warme, be sur^e y^w doo not gett cold.

A very good Medicin for any huate in the face or oþerwhere, although it beost Anthony^s fir^e.

XXXII

Take a pottle of Smetes water a handfull of sage, 2 handfulls of Elder leaves or the geond barkes of it & 2 of Alloes sooth all these from a pottle to a pint, put it in an earthen or gally pott & lett y^r patient anoynt his face wth il when he goeth to bed in the next mornings he shall find easse, but in 5 or 6 dayes (by Gods graco) help.

To take away red ruffles that grows in the face by reason of the heat of the Liver

XXXIII

Take hogg's fowit well purifysd & brimstone as much of the one as of the other wth the water distilled of a peach tree & ffornes & incorporate all together with a slow fire make therof an oyntm^t in the meane time abstaine from wine & all hott things.

for him that hath naturally A red face.

XXXIV

Take 4 ounces of kernells of Peaches 2 ounces Gound Seed and make thereof an Oyle wherewith you may annoynt his face Morning & Evening, and this will destroy the redness.

A thing found true by experiance.

To dissolve knotts in the Neck.

XXXV

Take clarify'd Wax iij ounces, Cleare Turpentine one ounce, Rosin 2 ounces, Pitch one ounce, Mirtharmoniale Mastick, Olibanan, 2 penny worth of each, Galbanum Fennegrooke, and Cummin, in powder of each one peny worth dissolve the Guins in Wine vinegar all night ~ then put them to your other things and melt them

with a gentle fire stirring them often, then strain them
and in the Cooling put in the Turpentine, and work it
into rows, & when you use it Spread it on Sheep's
Leather, Apply it to the place and every morning
wipe it and lay it on again.

A Medicine for the Plague

XXXVI.

Take a handfull of Sage a handfull of herb of grace
a handfull of Eldor leaves, a handfull of red bramble's leaves
and Stamp them together, Strayne them in a Clooath with a
quart of white Wine, take a quantity of Ginger and Mingle
them together, drink therof Ev'ning and morning a full
Spoonfull, every day 30 dayes together, after the first Spoon
full thou shall be safe for exiij dayes and after the iijth
thou shall be safe for the whole year. by the Grace of
God.

And if it fortune, one to be stricken with the Plague, or he
have drunken of the medicine aforesaid, then take water
of Scabyon a spoonfull, and so much water of Brittayne a
quantity of fine Troncle, put all together and it will put
out the venome; And if it fortune the boyle to appear
then take Bramble's leaves & Eldor leaves, & Mustard Seeds, Stamp
them all together, then take of it and make thereof a plaister
& lay it to the Sore, it will draw out the venome, and the
Patient shall be whole by the Grace of God.

A most soueraigne and approu'd p^{re}servation
above all others for the Purging away from the
Heart all evill humors which causeth the infec-
tion of the Plague by one M^d Hintent —
Doctor in Physick.

XXXVII.

Take the Root of double Crowfoot that beareth a double
yellow flower glistering like Gold, or instead therof A
Claw of Garlick Stamp it in a Wooden dish, and fill
half a Hasel nuttshell full of the same, and tye the same
in the iiii part near to the lower side of the left Arme
A handfull from the Wrest, and let it remain there about
ijij hours, then open the same, and you shall find a
little Bladder in the same place, if it be not ~~often~~ wrought
in the said ijij hours, let it remain untill the time that
the said Bladder be risen, and Cut of the Skin thereof
if the said Bladder be fallen, if it benot fall'n prick it
with a pin, then Cut it of, and then take a peice of the
branch of an Elder tree of the greenest as bigg as a pen-
pare of the bark, and tye the end thereof to the place
aforesaid, and three Irie leaves vpon the same, first
prick'd full of holes, and let it remain there so long
untill it have made a hole that will receive a pease, then
put therein a pease and lay theron iiij Irie leaves —
prick'd, and so sift the same with a pease and three Irie
leaves morning and evening and keepe the same Clore
and every ij days, as you shall so need, wash your

(27)

Arm with French Wines blood warms, and do continue
with the same untill the danger of the Pestilence
be past.

The Order to heale the Same

xxxvijj

Fourteen dayes before you will haue the Sane, you must
beware of Surfetting, and vs no person nor Boordes, and
take half a pint of French wine and half a pint of Sallit
Oyle, and mingle them together, and bath the Sores therewith
twice or thrice a day, and tye a Cloth wet therewith to the
Sane, and so it will be well Healed.

To make the Botch appear

xxxix

Take a handfull of Sorcill otherwise cal'd groon sanre
Stamp, and strain it with a draught of Beere or Ale,
take a little Treacle and the powder of one Nutmegg,
Mix 'em all together, give ~~it~~ the sick to drinke and the
Botch will appear within five ~~hours~~ hours after
probatum est

To break a Botch or Boyle

xl.

Take Unliriud Egrimoniu and Snails, Stamp 'em
together and Lay it to the sore.

Another for the same. xlj.

Take Raw honny, the Oyle of an Egg & Wheat flower &
make a plaister therof, Lay it to the Sane.

for the Tooth Ache.

xlii.

Take a Spoonfull of English Honey, a Spoonfull of Ginger and Pepper beaten small, a Spoonfull of Rose water, a Spoonfull of clqua'vitæ a Spoonfull of Red or white vinegar & ij Sage leaves shred small and as much as a Nut of Rock Almonds, and so boyle them on a Chafing dish of Coales vntill they come to a Treacle then make a Cloath like a Pascoo, and lay it betwene your Choke and your Quins.

For the yellow Jaundice

xliii.

Take Stale Ale half a pint, Dasy Roots a handful wash, & Stamp 'em together, then Take Angletoches A handful & Strip the earth out of them, then Strain them and put to it the Innde partor Kinde of a Barbary tree, and drinck them next your Heart at Morning and Evening.

For the Dropsy in the Womb, or in the feet, or for the Imposthume in the Stomach or Gout in the Stomach, or for any evill.

xliij.

Take Stamony iij^d weight, Of Rubarb xij^d weight of Specknard iiij^d weight, flower of Cammonill j^d weight, of white Shuggar Candy one ounce, put them all together in a Mortar and beat them into fine powder. vse this 3 dayes following fasting a Spoonfull at a time.

A Drink to the same which is made after
this sort following.

(29)

XLV.

Take Hyssop, Rosemary, Viollets, Verwain, Bittany, John
Moscares, Plantine, clvemos, Sage, Featherfow, of each
one handfull, wash them Clean and Stamp yet a little and
do it in a new Earthen pott, and put thereto a Gallon of
white wine, and let it stand all night, and in the Morning
boyl it to a poule then Strayn it through a Strayne, and
drink thereof in a morning Cold, and in the Evening hott.
you may use this 8 or 9 dayes following, and but a little ~
of the powder before he doth Drink it.

A water to Dissolve the Swelling in the Bowells
or superfluity of Fatt.

XLVI.

Take two Galls of Runing water, Set it on the fire, put
into it 2. of Red Fennell and 2 ounces of Angelikoe, and
a quantity of Comyne, boyl therfore from 2. gall. to one or less
of water, and this every day fasting in the Space of xx
dayes. the greatness of the Superfluities of Humors, and
also of the Grotness will wast.

For Biting of a Mad Dogg.

Take a little portion ^{XLVII} of the herbes following, Scabies Matfolm
Nightshade w^t the Gloriflower Wild Sage, Lilly root and Loafe
Stamp & Strain them, or if y^e have them Distill'd, take the water of them
put it to a little Treacle w^t such Liquor as is meet to be ministered
whether ^{it} be man or Beast y^e must drink it, and that must be given
within ix dayes after it, fortune.

30)

A Water to wash the breasts, if they be healed or not

xviii

Take a handfull of Rhine, as much of Sage &
two Spoonfulls of Hony, a little Roch Alome lik
a Walnut. Seeth all these in a quantity of White
wine, vntill they be half consumed. Then Straine it
and keep it in a Glass, wash the holes with it ~~three~~
and dross them with Salve following.

A Salve for any Sore.

xlix

Take five ou. of fine wax iij ou. of Rosin a Spoon
full of hony iiij Spoonfulls of Neats Oyle, boyle all these
together, well Stir'd, keep it. It is good for any Sore.

For Bloodshot Eyes

i.

Take Plantin water, Rose water and the white of
an Egg, mix them all together, and wash your Eyes
therowith, or else lay it upon your Eyes and it help
with God's assistance.

A wond^r full Plaister for a sore Breast.

li

Take leaves of Mallors & Wormwood of each a handfull
sooth them in Water vntill they be as tender as Butter
of an oxple, then lay them on a board, and let the water
run from them Clean, then Cut them small, with a

(33)

Knife; for they will not grind for fat; then stamp them with a pound of old Saines graft; and temper them together till you know not the one from the other, this plaister is most pretious for Sore Paps, the rest of all others it Masureth and Mitigateth ^{not} only the payn in the Paps, but also, in hard Botches or Boylles vnder the Throat or other holes, or any other place in the body where it lyeth hard in the flesh. This must be laid to luke warm in a double Linen Cloath changed twise in a day; Looke substantially on this Plaister for it hathe no pors in such things.

For the Bynding in the Body.

lij.

Take a handfull of Parsly, boyle it in fair water, and lay it as warm as you can endure it to your Navill and this to be vs'd 3 nights together bound round about you with a fair Cloath, then the 4th night take a slice of Raw beefe and lay it to your navill with a fine Linen Cloath between one night and no more and that shall make you moderate in your Body.

For the black Jaundice

lij

Take a pint of Malmsey, put thereto the Juice of 10 branchys of Sallendine, and a Sheep's turd straynd into it when it is new dung'd, long Pepper, English Saffron & Turmerick, put those together & give it to the ptie fasting. *glatum est*

A water for the Liver & burning Feaver

IV.

Take Plantstongue, Liverwort, Maydenheare, distill them together, and use to drinke of this water which will purg and purifie the Liver, and quench the burning of an Ague or Feaver.

To make hart Lyggs soft and small, if it be never so hard.

IV.

Take Mill-dust, Barely flowre, Wheat flowre and Seeth them in Milk, put thereto Sheep's Tallow, Hony, Barren's grease, and boyle them very thick and lay it thereto.

In Oyntment for the Morphen, be it white or Black.

VI.

Take a pound of good Verdigrease, & one ounce of white Brimstone, make them into small powder then take out the brains of two Sheep's heads, put the heads into a pott, Seeth them without Salt then take the ^{thorsto} grasse thereof and put into the powder and temper them together and it will be a good Oyntment for tho' purpose

To expell Poysone out of a Man.

Iviij

Take the black Claws of a Crawfish, & beat them to powder, then drinke them and it shall help you that are poysone'd without doubt.

A Salve to draw a heale

[33]

lviij

Take a quarter of Virgin wax, two ounces of Sheep's
Iuet, melt them together a little, then take them from
the fire, and thereto an oz of Frankincense and Stirr
it well together.

For the Toothache.

lix

Take xx Irys leaves, a little long pepper, boyle them wth
a handfull of Salt in Old wine, then put the Liquor, when
it is well boyld, into your mouth, on that side that is
vex'd with aache, and you shall prove that the aache
is destroy'd. gbat? est.

A water to keep the Teeth from Stinking & also white

lx:

Take long Pepper, Purslove, Astragall, Rotundad ~
Salgem, Seeth them in Wine, and use to wash your
Teeth with this water, for it will keep them white and
Clean.

A Speciall Medicine for the Tetter or Canker.

lxi

Take a Quart of the Strongest ale you can gett, put there
to a handfull of Sage, and a handfull of Herbe of grace, a h.
of Rosemary, a h. of Columbine leaves, Seeth them together
till the one halfe of the Liquor be consumed; then put there
to a Spoonfull of English hony, and as much Alrome as
a Walnut, then let it seeth together, and let it be cover'd

34) And let the Herbs abide still in it, and so wash y^e
soreness and it shall ease it, great est:

To make Teeth white.

lxij

Take the Root of Walnut Tree, & seeth it in white wine
then take part of it and Chew it between your Teeth to
dissolve the hardness thereof & so rubb your Teeth, and it
will make them white and this is good for the Eye sight
also

for a woman travelling with Child to make
her soon be deliverd.

lxiii

Take Bittonye and Date Stones in powder and drink
it, and she shall be delivered anon.

A Restoritie for a King.

lxiv

Take Rosa Solis and Steep them all night in white wine
and still them, if a man be weak let him drink the
water alone, if he be Metye let him drink it with
vinegar, this will make a whole man a Leg.

For Shortness of Breath. lxv.

Take Hartstongue, Liver worth, Bittanye, Vervaine,
Scentorye, Mugworth, Pellipodin, Sallandine of evry
one of those an oz then take Rue, Fennell, Dandalyon,
Fetherfere, and Wormwood, of each of these half an oz
then take 4 Nutmeggs, Saffrones, Graynes & Treacle of
every of these pceles one half peny worth. Licoris, Anise
& Sinc of every one of these pceles one peny worth, & 2^d worth
of Shuggar Candy, boyle all those in white wine, and so
straine and drinke it.

Another for the same, and for the Algue Cure. (35)

lxvi

Take Bean water, or else a quantity 2 or 3 spoonfulls
and so much of runing water, and drinck Morning &
evening, and if thy Leggs do fortune to break or swell
then take Smith's water & a good Quantity of Shugger
and boyle them well together, and so wash thy Leggs
therewith warm.

For the Head Ache.

lxvij

Take Bean flower, & powder of Cumyne of eachlike
Quantity and Seeth it in Strong white Vinegar till it be
thick, then lay it in a Linen bagg to Noddack of thy
neck behinde, as hot as you may suffer it.

A Coppy to make the Sovereignst water that ever was
devis'd by man which Dr. Stophons a Physician of
great Curing, of long experiance did use and therewth
did many great Cures, and all was kept in Secrett
untill a little before his death, then the Archbissopp
of Canturbury gat it from him. as followeth —

lxviii

Take a gallon of Gascoyn wine, then take Ginger, Gall
zingall, Samell & Cinamant Tolland, Nutmegs, Cloves ~
Annise seed, of every of them one draine, then take Sage
Mints Red Roses, Thyme of the moore Pillotry of the walle
Rosemary wild Marjerum or gamen as well called penny
royal, Pennemountain wild thyme Camall, Lavender and
Avants, of every of them a handfull, then break & beat the
Spices small, & break the herbs, put all in the wine, let it
stand Still ij hours, Stirring it somtimes, then still it in
a Limbeck, & keep the first water by it selfe for it is best,

then will there come a second water which will not be so good
as the first.

The virtus of this water be thys, it Comforteth the Spirits
vitall, & preserveth greatly the youth of man, and helpeth
the inward diseases coming of Cold, and against Shaking
of the Pulse, it cureth the contraction of Sinews, it
helpeth the conception of women that be barren, it killeth
worms in the body, & killeth the cold Gout, & helpeth the
Tooth ache, it comforth the Stomach verry much, it cureth
the cold Dropsey, it helpeth the the Stone that is in the
Bladder, & in the reines of the back, it cureth the Canker
it helpeth shortly a stinking breath, and whosoeuer -
useth this water ever & anon, & not often, it preserveth
him ^{long} in good liking, and shall make one zoom very
young a long time.

for the small Pox or any other grief that lyeth
in the Stomach. lxix.

Take a ^{quart} of posset drinke, let it be strained clear, then take a
good handfull of Marigolds, threecrops of Rosmary, iiiij of
thyme, and 4 or 5 of Hyssop some organdis, seeth these
altogether to a pint and give it the Patient to drink
and remember to strayn it after it is boyl'd -

A Posset to take away any of the Stomach the
Small Pox, Malmsey or any other Grief.
lxx

Take a quart of posset drink made with stale ale and rare
milk strayn it, & put therin a handfull of Marygolds som-

37

Organes iiiij or viij crops of Hyssop or Rosmary wash
all these, break them, and seeth them in the posset drink till
half be consumed, then strain it & give your Patient so often
as you may.

for the Small Pox

lxxij.

Give no medicine when they break, otherwise then to ~~wash~~
~~the Eyes and Throat with Rosewater~~

The Receipt of the flowers of Rosemary and its vertues

lxxij

Take Rosemary flowers & stamp them, then put ⁱⁿ a glass ~
with Strong wine, & stop it close, then sett it in the Sunne
5 or 6 days, and then still it with a soft fire and you shall
have both water & Oyle, the which you shall seperate and keep
close in a glass & its vertues are these ~
It helpeth against all payns in the head altho they have ~
continued 6 or 7 years, it comforteth the memory, and alsoe
preserueth the Eyes, if you drinke thereof now and then a
drop or two & put another into the Eyes. It helpeth those
that are deafe if it be put into the Eares and alsoe drunk
with good wine, It opheth all stoppings of the Liver &
Milte, and helpeth against the Dropsey, Yellow Jaundice,
It breaketh wind & helpeth Collick, & rising of the mother, It
is alsoe excellent for those that have drunk poyson, or that are
infected with pestilence, if you drinke thereof a little and lay
you down to sweat, it comforteth the heart & cleaueth the
blood, & makes a man merry, & causeth a good colour, and this
Oyle is most excellent for those that are full of the Itchesabbs.
& to be short, it helpeth all diseases of the body that come of cold
& moist humours, altho they were never so evill, it helpeth the
Canker, Fistuloes and such like. &c.

A water for the Stomach, Poyson,
Small-pox, or any surfeit.

lxxiiij.

Take of Salludine, Sage, Rosemary, Rue, Mugworth,
Wormwood, Pimpinell, Dragon, Scabies, Egrimony, Balsas
Centurie, Cardus, Bittony, Rosa Solis, of each a good handfull
Angelica roots, white hennand roots, Turmentilio, Hedow &
Eccevith, of each half an ounce. Share the roots and wash
them, & the hearts share, and Squeeze the water out of them
in a Cooth, then shred and Steep them 2. days & nights
in as much white wine as will cover them as will cover
them well, & let the vessell be close cover'd, take it out and
drink it, keep it close in aglass or bottle, and when you
use it, give it luke-warm to the party with a little flugger
infus'd, to a Child 2 or 3 Spoonfulls is sufficient, and to
a strong body 4, 5, or 6 Spoonfulls it is an experimeted
Cordiall. You may use this a little Methrivate in it -
these Simples are to be gather'd in May, and then
distill'd in the begining of June. — — —

Lucatellus Balsome

lxxiv

Take halfe a pound of yellow wax, Cut it in thin Slices
put it in a dish with a quart of sack, and set it on a Chafing
dish of coales, & when it is melted, put in a pd of Venia
Turpentine very well wash'd, in Redrogh water, till it be whit
then take 3 pints of the best Sallet oyle, & put the Turpentine
and oyle into the wax and sack, let them boyle gontly
together almost an hour, then take it off the fire and

put to it ij oz. of the purest colourd redd Sanders, sifted
through a Tiffany & keep it stirring till it be almost cold.
Then pot it vp.

(39)

The vertue of this Balsome.

lxv.

It cures any green wound, melted in a saucer & dropt
on the wound, & a linnen cloath dip'd in it and laid upo
the part affected evry day. It cures any Scald, or burne,
anointing the part if the skin be broken, warm it and
lay a dipp'd linen cloath on it. the like for a scalded head
it is verry good for the head Ache rubbing the Temples
with it & the nape of the neck being warmid, In like
manner for the Gout, & Plurisie after letting blood eating
the quantity of a nut rolled up in shugger and after
wards anoynting the left side theree with

Dr. Right's receipt for the Scurvie

lxvi.

Take a pound of Sea Scurviegrass after it is pick'd & dryed
near a fire, half a pd of Raisins of the Sun standt one hand
full of Roman wormwood, one handfull of dry'd Orange
peales, one handfull of wheat bran, 2 oz. of Sharings of
Ivory, of Galligall roots prepar'd, Coriander Seeds, of
Caroway Seeds, of Nutmegg, of each 2 drams mix all these
into one lump in a stone morter, and put ^{it} into a bolting bagg
with 3 or 4 quedes of new Steel to hang it in a vessel of
four Gallons of Ale of a middle Strength, after 5 or 6 days
begin to drinck it, and noe other Beer or Ale.

A Receipt for the Convulsion fits.

lxxvij.

Take a quart of white wine, put into it a good handfull of Cowslips leaves, boyle away a third pte, then take it of the fire and let it stand till the next day, then strayne it, and soe drinke it till all be done.

To Stay the bleeding of the Nose.

lxxviii

Take a Raisin of the Sun, Slit it, and turn the inside outward then put it up the Nostrill that bleeds and if the blood fall down the Throat, take some Raisins of the Sun, Chew them, and soe hold them in your mouth.

An Excellent drink for to Cure a Fistula. the Lidy, Mildmry's way.

lxxix

Take Saniile, wood Bittany, wild Daseys leaves and root, red bramble leaves, Dandalyon with the redd ribbs or stalks in the leaves, Chernes Bugle, white Bodell or Ox eye, Egrimony, Mother-worth, field Charvill, of each a good handfull. Mugworth, Ribbworth and wormwood of each a few Sprigs: wash all clean, & shake out the water through a linen cloath, then boyle'em together, in a quart of good white wine, over a soft fire, for the space of a quarter of an hower p over, then put to it 2 or 3 spoonfulls of English hony, and let it Seeth or Simper awhile after, well Stirred about with a Spooone in the Seething, then Strayne it hott through a Cloan Cloath into some

Earthen vessell wringing the cloath well; and when it is cool put it into glaſſ Bottells, Let the patient drink thereof Morning and Evening luke-warm 3 Spoonfulls at a time or thereabout, as his Stomache Seru's him. for Speedy cure you may tent the wound or ſore, and lay thereon a Colworth leafe. If the Patient be a woman with Child leave out the Mugwort.

For an ylcer in the Kidneys

lxxxi.

Take yellow Dock-roots one oz. Slice it verry thin and with a Nutmegg Slic'd boyl it in 3 pints of Ale, till halfe be conſumed. Skim it well, and drink it three mornings fasting, continue this 15 or 20 days together.

A drink to Strength the Liver and keep one from the Drotsy.

lxxxii.

Take Yellow and Redd Dock roots, white & yellow Sanders and of the wood Horacum of each one oz. Agrimony &c, 4 handfuls, of all these make a gross powder, put it in a bolting bagg with a Stone to keep it down and Tun up 4 Gallons of new Ale vpon it, let it Stand ſix or Haven days, and then drink it for your ord'natry drink and no other, 6 or 7 days before one be Spent make another portion, till you be throughtly well.

For the Scurvy & Dropsy.

lxxij.

Take Six pd of the leaves of Sea & Garden Scurvy Grass
a pd & a halfe of Brooklime, as much of water-Cresses;
Stamp & Straine the Juice out, put to it 4 pd of the roots
of Briany, Horse radish 2 pd, Wintre halfe a pd, twelve
Lemons sliced thin meat & Rhine 4 oz. of Nutmeggs grossly
bruised let all these stand infusing 3 days in Eight
pints of Rhenish wine, then distill it.

Take 3 Spoonfulls of it evry morning & Evening:
you must abstaine from all Salt meats, Swines flesh,
Butter and wine. It is very good to wash your Eyes.

A most Excellent receipt to keep the Face
from Pitting with the Small Pox.

lxxxij.

Take a pound of Butter out of the Churn unsalted
a pound of Shuggar double refind beaten & Seareed
put these two together upon a slow fire to melt, &
then beat it till it is thick, and keep your Face
annointing with it, that it may not be dry, &
this is not to be vs'd ^{till} the Pox begin to crust.

Judge Ellis's receipt for the Stone

lxxxiij.

Take Saxifrage, Pasly, Thyme, Winter Savory
Germander, Camomile, wormwood, Penny royall,
Hysop, Lavender, Fennell, of evry one of these
two good handfulls, chop them small, and infuse

Them 24 howres in 3 gallons of Small Ale, Slice
2 or 3 Nutmeggs, & put to it Venice Turpentine
well wash'd in Red Rose water to the quantity of
a Walnut, and as much live hony, put all these into
a Linbeck or Still & distill them, keepe a quart of the
first running by it selfe, & a pottle of the Second,
and a pottle of the third, and as occasion servis drink
the water, one Spoonfull of the first, 2. of the Second
and 2. of the third, with 4 Spoonfulls of White wine and
Nutmegg & Shuggar, 3 days before the full, and 2
three days before the Change of the Moone: it is
only to be made in the Moneth of May.

For the Ricketts

lxxv.

Take three quarts of the strongest Ale out of the Fatt,
put to it one oz. of powder of clunise-Seed, one oz. of
powder of Lickoris, half a pound of Figgs Slic'd, halfe a pd.
of Raisins of the Sun ston'd, a quarter of a pound of the
best Blue Currans, one handfull of knottgrass, a handfull
of Cumfrey, a handfull of parsley roots washed & scraped
and Slic'd verrey thin; boyle all these together till halfe
be consumed away, then strayne it all out, and put to
it one Spoonfull of live hony, & halfe a pint of Muscadine
then sett it over the fire again, & let it continue till it begins to
symer, then put it into an Earthen pan, & when it is
cold bottle it, you must give the child 2 Spoonfulls in the morning
fasting, 2 after dinner when it goes to sleep, & 2 at night going to
bed. this is to be continued till the quantity be all taken,

Every night all the Poyns, Breast & Ribbs of the Child
must be anoynted with old Sack, and layd in a blanket
extraordinary, and be kept very warme.

For the -

lxxxvi.

Take Sallap finely powdered one dram, Cynamon finely
powdered halfe a scruple, mix them & take them in a
draught of Chickin broth, so having gently purged &
take as followeth.

A pint of Plantain water, or water distill'd out of Oak
leaves, or a decoction made of Oak budes while tender,
blanch a Score of Almonds and pound them well as to
make milk, put it over the fire and give it a scald
together, then take it of & put one dram of powdered
Mastick, and three drams of Shugger of red roses, Let
the Liquor be neare cold. then take five Spoonfuls or more
every morning first, and last at night twelve or 14
dayes together.

To make Hayre grow.

lxxxvii.

Take an Egg, rost it in the embors till it be hard
then take the yolk, and halfe soe much fresh butter,
and as much Pepper as will lye on a knifes point, Add
as much hony as will make it into an cymtment,
and soe anoynt the head with it —



45

An Excellent Cordiall water for Dizziness & swimming in the head.

lxxviii.

Take four pound of black Cherries, bruise the stones of them, then put them th to the Cherries into a Glass bottle, and into them a good handfull of Balm & a handfull of Rosemary tops, Cinnamon, Nutmegs of each halfe an, then pour vpon them all two quarts of Sack Stop it Close and let it digest 24 hours, then distill it of, in Balneo, distill so much of it, that it be weak, like ^{weak} aqua mirabilis sweeten it with white Shugger-Candy to your tast, and drink a little wine glass full of it in the morning ~ fasting and at night goeing to bedd.

Aqua Mirabilis. S^r. Kellam Digby's way

lxxix.

Take Cubbells, Gallingall, Cardimon Seeds, Mellilot flower, Cinnamon, Nutmegs, Mace, Cloves, of each two drams i the Juice of Sallendine a pint, of the juice of Spearmint, and Balm of each a pint, one pound of Shugger, the flowers of Cowslips, Rosemary, Bourrage, Bugloss & Marygolds & Clovegilly flowers, of each two oz. three pints of the best Sack, and one pint of the Strongest Angellica water, bruise your Spices & Steep them all together with halfe a pint of red rose water, one night in the Sack Still it in an ordinary still or glass, & lay Hartstongue leaves in the bottome of the still, add to this the weight of 12^d in Saffron, make four times the proportion

instead of Angelica water, put in a quart of French
Aqua-vite, and a quart of the juice of Angelica
and one oz: a piece of the Spices. —

To make a Cake

XC.

Take a Gallon of flower, 6^{lb}. of Currans 3^{lb} of Butter
halfe a pound of white Shugge, a pint of Ale Yeast
or Barn, 20 Eggs verry well beaten tenn of the
whites left out halfe an oz. of Cloves, as much Mace,
two Nutmeggs, halfe a pint of Sack, a little Damask
Rose water, a pint of Cream warm enough to melt
the butter, You may add what Sweet meats you
please. Bake it in a quick oven &

Almost Excellent water for y^e Stone

XCI.

Take six handfulls of Small Radishes 6 handfulls of
Mother thyme, 4 handfulls of Pelletoie of the Wall.
4 handfulls of Saxifrig heare, one handfull of Phillipendula
3 oz. of Sarsafrie wood. Cut all those grossly together
and put them into a Gall^t of new milk either of a Red
or a Coal black Cow, & so let them steep 24 hours
cover'd, then distill them in a Common Still. It will
yeilde 3 quarts of water, It must be still'd in May. when
the water is still'd Stopp it close, and Set it in the Sun
for a moneth.

You must take it thus.

When you are to take this water you must over night take a porringor of fair ^{Spring} water & put into it a quarter of an oz. of the wood called *Lignum nofrstitii* sliced very small and thin and lett it steep in the water 12 hours, then draine from the wood: & put to the water 3 Spoonfulls of white or Rhonish wine; And 4 Spoonfulls of this distill'd water, with the Juice of a Lemon & some 2 Spoonfulls of Loaf Shuggar. Then take half a Nutmogg Slic'd very thin, put it into a Spoon with a little of the water, Swallow it and wash it down with rest of the water; Take it fasting and fast 2 hours after it; This is to be taken at the new of the Moon three mornings together, but if you feel no great pain, then one morning in a Moneth will be enough; but you must use it constantly I do assure you those that have used this water never had any great fitt after the taking of it.

The Duke of Monmouth's Receipt for y^e Stone
xcij

Take a Gallon of Haws ripe, Stamp them very well Stones all, put them into a pott with 3 quarts of white wine to cover them, put into them four Fennell roots, and the leafs, take out the pith of all the roots, and put into them an ounce of Fennell Seeds and almost an oz. of Anis Seeds, bruise the Seeds, and Steep them together a day and

at Night, and if three Quarts of white wine will not cover them put in more, and soe put it in your Still peast it up and you may draw out two quarts Mingle it together, take Six Spoonfulls of this water and Six of white wine and one Spoonfull of Syrrup of Elder and drink it three days before the new Moone and three days after, and soe at the Full, or when it troubles you.

S^r Thomas Weatherly's Dyett drink for the Gout.

xciiij

Take five oz. of the best Sarsaparilla Slic'd thin, of flinty China well bruised 3 oz. the Shavings of Sassafras an oz. Hartshorn, and Ivory of each six drams infuse these twelve hours warm in Ten pints of water, then boyle them close covered, with a very gentle fire untill four pints be boyl'd away, putting to them toward the end Sage, Germander, and Ground Pine, of each a large handfull, whole Raisins four oz Red Sanders & Coriander Seeds of each six drams, & take it from the fire and Straine it and let the Liquor stand to settle, poure the clear from the bottome and to every pint add an oz. of the Syrrup of Balsome of Tola.

S^r Thomas Weatherly's Ale for the Gout.

xciv.

Take six or seaven Gallons of Wort made of a Bushell of Malt put to them an handfull of Hoppes, boyle them halfe an houre then infuse in them the Shavings of Sassafras and Guaiacum of each two oz. Liquorice - Slic'd thin an oz. Raisins Ston'd two oz. Ground Ivy

Ground Pine, Sage, and Germanander of each two large handfulls boyle these with a very gentle fire close coverd vp, untill a gallon wast, when it is cold Strain it, and work it vp with yest, and keep it in a ^{fitt} vessell, having in the vessell in a bag a pound of Antimony in powder after 4 or 5 days you may draw it into Bottles and drink it for your comon drink.

M^r Davis's Cordiall water

xcv.

Take two Bottles of Sack & two bottles of Brandy, 4 ^{lb} of red Cheryes the Stones crackt, a handfull of Rosemary flowers, halfe a handfull of Mary gold flowers, a handfull of Archangell flowers, a handfull of the tender tops of Balm, a handfull of the tender tops of Spear Mint, Six penny weight of Saffron, Clovegilliflowers 500 clipt, one oz. of Cinamint one of Nutmegs, Cloves & Mace of each halfe an oz. put all these together all night and then still them off, let it drop upon white Shugger or Shugge Candy.

A most Excellent Pill for the Stone, or ^{an} vlier in the kidneys or Bladder, or bloudy water. Approved by Aboe Physicians. xcvi.

Gum Guia 3ss that which is greenest & transparent is best
 Amoniacum 3ij the whitest & cloarest
 Aloes Succotini 3vi the reddest & most transparent
 Tartor vitorall. 3iij the whitest & Tartest.
 Prepared Pearle 3ij
 Amber Greece gr. 12
 Balsom of Peru 3*fl*

Directions

Directions to make the afores'd Pills

First, Beat the Ambergreece, then beat the Pearle into fine powder, mix them on a clean sheet of paper, beat the Tartar vitorall into fine powder, as alsoe the Aloes & Gum-guaicum very carefully, & then mix the said Tartar vitorall, the Aloes and Gunguaicum upon an other clean Sheet of paper; then with a clean Mortar and pestill beat the Amoniacum till it begin to stick to the pestill, then with a course cloath make your pestill clean and heat the said pestill a little hotter than you can well endure if your hand on it, then put a quantity of 12 drops of whitewine vinegar to the Amoniacum, then take your pestill it being not over hott, make it clean with a cloath, then dissolve your Amoniacum and vinegar very well, when you have soe done put in some of the powders, mix it well together and when it begins to be stiff put in some Balsome & then more powder, beat & mix them well, then put in more Balsome, then more powder, doing as abovesaid stirring besur well from the bottome with a Spatula or knife, and after all the powder is in beat it for a quarter of an hour, then take it out & temper it between your hands mixing the Pearle and Ambergreece in it; then keep it for your use in a Gally pott, & when you have occasion to use them make them vp in the bigness of ordinary Pills, take five or seaven every night when you goe to bed soe continue till you be well, and at any time when you find your selfe ill take them againe.

55

Dr Thomas Weatherly's drink for y^e Scurvy.

xcvij

Take 4 pints of Rhenish wine, infuse in that, Bryony roots Slic'd thin two oz Elicampane roots one oz, Orris root halfe an oz, the outward pills of an Orange, and a Lemon, and two Nutmeggs Slic'd, after 12. houres infusion Strayne them, and put the strained liquor, the Juices of Garden Scurvigrass, Brooklime, Water Cresses, and Oranges, of each 4 oz. and as much Shugger as will make it gratefull,
Take of this a quarter of a pint first every morning and at 5 or 6 in the Afternoone.

To make Guins grow

xcviii

Take a Quarter of an oz of Myrrhe as much Bolal manak and halfe as much Salt of Prunella, make all these into a powder & sift it very fine, then make it into a past (not very stiff) with hony, soe Spread it vpon fine raggs the breadth of your finger, soe lay it to your Guins every morning & after Supper, and let it lye an houre or two, when you take it of wash your mouth wine, or if you can with your owne water.

A Receipt to strengthen the Sight.

xcix

Take Lignum Aloes, Horax, Sassafras, bark, Amber, of each a dram cut Betany halfe an oz, Rosmary flowers or Rosemary it selfe a quart of an oz, & as much Tobacco mixt with as you put of Rosemary.

It is to be taken in a Pipe like Tobacco.

Water for the Teeth

c.

Take Rosewater halfe a pint, Cynamon, Cloves, Burnt Allome, of each two drams, put all into a viall of a quart, fill the viall full of common water, and boyle it together upon the hott ashes till the third part be consumed, then keep it for your use.

Barley Cream.

cij.

Take a handful of French Barley, boyle it in 3 or 4 waters, till it be pretty tender, then sett a quart of Cream upon the fire with some Mace & Nutmegg and when it begins to boyle put in your Barley and boyle it till it begins to thicken, and season it with Shugger and Salt to your tast & soe serve it vp when it is almost cold you may add to your Creame a quarter of a pound of Almonds blanched & finely beaten.

To make Angellets

cij.

Take three quarts of new milk and one quart of Cream or soe much Strakings and noe Creame, put a little Ruyett to it, when it is come enough take the Curds vp softly with a Ladle, and fill the Fatt therewith, and as it sinks still fill it vp againe but break the Curd as

Little as you can, when it is full enough let it stand till next morning, then vnty the Fatt and Salt it on both sides, then tye the Tatt vp againe; soe let it stand 3 or 4 dayes turning it every day, and wash the Fatt and lay it vp againe. then take it out & set it on a Trowcher turning it every day till dry.

To make Cream Chesse ciiij.

Take 4 Quarts of new milk and two quarts of Cream put the Cream into a Skillet and boyle it vp, & take it of the fire, then let it stand a little, & put it into your milk & put in the Runett, let it stand till it ^{be} Come, then with a Skimming dish take vp the Curds whole without breaking. soe put it into the cloath and turn it often the first day in a wet Cloath strewwing a little Salt on it, the next day turn it into dry cloaths and within two dayes you may put it into Rushes or Gras, Nettles or Ash Leafes.

For the Sights civ

Take of Rue & Sage of each a good hand, and about 400 Hogg Lice putting them when bruised into a bagg with your heares into a Vessel of Ale of about four Gallons after it hath done working not before then drink this after it hath been stop'd up 24 houres close, vse it as your Ordinary drink.

For a Consumption

CD.

Take a red Calfe Gather fresh and new kill'd : have
of Scabious, Jerusalem Sage, and Mayden hair of each
a good handfull, two ounces of Anis seeds, and eight
ounces of Dates; the Gather must be onely wiped out of the
blood then take three quarts of red Cow's milk and put
all these things in and distill till they be dried up, drink
a wine glas full of the water first in the morning and
last at Night till it be all spent, add to every glassfull a spoon
full of Red Rose water, and sweeten it with Suggar candy

For a Cough.

CDJ.

Take a quarter of a pound of Raifins of the Sun Stony,
a quarter of a pound of white Sugger Candy powdered,
a quarter of a pound of Conserve of Roses, all well mixt
together, then make a hole in the middle and drop in 12
drops of the Spirit of Sulphur, and mix it well togeather
take the quantity of a Largo Nutt at a time.

To Make Cream Cheese

Cviij.

Take a Gallon of Milk, a quart of Cream, three pints of Boyling water, a Spoonfull of Runit, mix'd well together, when 'tis come whey it between two, breaking the Curd as little as possible, put halfe a pound waight at the first, never exceed two pound waight, change it into a clean cloath every quarter of an houre, at night take it out, and salt one side, the next day turn it and salt the other, the next day put it into fresh greiss, turn it, and wipe it, and put it into fresh grass every day till it be ripe.

A Receipt to make Poppy water

Cviij.

Take 2 Bushells of black eyed Poppeys, Sift the Seeds and drye them, so done, opon them & sift them againe, then take 3 Gallons of Brandy, put the poppeys & Brandy into a large glasse, & put into it these following Seeds, viz: Carroway seeds, Sweet fennell seeds, Gromball seeds, Corriander seeds, of each, 3 ounces, a quarter of a pound of Lickorish, Scrape & Slice it $\frac{1}{2}$ of browne Suggar Candy of Cynamon 3 ounces, one $\frac{1}{2}$ of Raisins stond, & as many blew Figgs cutt in peices, and as many Dates stond, then take 3 or 4 handfulls of Clove-Jelly flowers, clipp'd & dry'd. all these must be put into y^r Brandy & Stopp'd up close, & infused in the Sun 6 weeks or 2 moneths, afterwards strayne it & bottle it up for y^r use.

For Heats in the face

C.IX.

Dock rootes one handfull Burdock rootes one handfull, Peabies one handfull, Fernittery one handfull Dandalions, & Sorrell one handfull of each. Boyle them for halfe an houre in the quantity of Eight- or Nyne Quarts of Claryfy'd Whey, then straine it and drinke it at your Leisure, but you must be sure not to drinke any other sort of drinke while you are taking this, and in 12 days time you will be perfectly well

For the Teeth:

C.X.

Ivie Berries two Spoonfulls, Sage halfe a handfull boyl'd together in a quart of water when 'tis boyl'd dissolve a peice of Allome the bigness of a small Nutmegg, and Swetten it with Honey

57

A Receipt for Piles that Never faileth

C.XI.

Take four ounces of white Lead the like quantity of white Francincense, and Sift them through a Tiffany, and mix them with good honey till they be as thick as to Spread for a plaister, then Spread it on a linen cloath, and apply it to the place as warm as you can endure it. You may Singe your cloath it is the best way.

Mrs Bayley's Cordiall Ale.

C.XII.

Take 4 handfulls of Firr, 3 ounces of Sarsapilla one ounce of China Slic'd, an ounce of Hartshome as much Ivory; boyle these in 5 or 6 gallons of midling wort, as it comes from the malt till a gallon be consumed; then work it with ale barme; then Turn it up when it has done working, put in these things, (either in a Bagg or loose,) of Scotzinero-roots 3 ounces; Sweet Sharvill & Eringo of each about 2 ounces; Hartstongue dry'd 2 handfulls, Maidenhayr Agrimony, Liverworth, of each a handfull; Winter-bark halfe an ounce, the Rhinds of two Oranges,

58
halfe a pound of Raisins of the Sun Ston'd, Brook=lime, Water Cresses, 2 handfulls of each, if you hang these in a Bagg: put a Gad of Steele in it. The farr must be broke in pieces, & the roots Slitt when you putt them in to boyle: after 4 or 5 days drink it for your ~ constant drinke.

To make Pomatum

cxiij

Take a Mutton Kell, and putt it hott as it com's out of the Sheep into a paile of water for two houres, then piele of the outward Skin, and putt the Suit into water againe for ten dayes - Shifting it Morning and Evening into Fresh water: then then putt it into milk for 3 dayes Shifting twice a day then rubb it dry take it out and rubb it in a Napkin dry, and putt it into an earthen pipkin with two or three white Lily rootes, and one March-Mallow roote Scrapped, & cut into small pieces, and a Shallop worth of the 4 Cold Seeds huskd with a small bit of white Sugge Candy; Stirr all these together: then putt the Pipkin that noe ayre comes in; and Lett it into a Kettle of water, which must boyle Softly for 4 or 5 houres: then take it out and Straine it into an Earthen Basin: and putt into it whilst it is hott one ounce of Sparna-Cati, beating it continually for two houres together with a hott hand, then drop it on paper in little lumps: and Keep it as long as you will; See you doe not putt it too close together. H.C.

Doctor Jacob of Canterbury medicine for the ⁵⁹
Stone
cxii

15 granes of goats blood in powder dranke
every morning in addis milke, or other milke

115 Doc. Jacobs receipt for giddiness
in the head.

The single male piony root in powder-peacock
dung in powder and nutmeg half an ounce
of each take evry night and morning as much
as will lye upon a six pence in four spoon-
fulls of black Cherry-water.

116 Dr. King's receipt for the griping
of the gutts

Take a penny loaf, and slitt it, and boalit it,
and spread it over with venice treacle; and
dip it in sack boyled with cloves, cinnamon,
and nutmeg; tye it up in a cloath, and lay
it hot to the navel.

60.

117 To take away haire

Take twelf horte leeches wash them well & dry them in a cloath, then put them in a paper, prick the paper full of holes and dry them by the fire leisurely till they will powd. beat them & sift them very fine then mix them w^t white starch as much as the leeches. mix them with brandy like a sauff and anoint the place. Then with the blood of a mole anoint the place three times.

118

To make haire grow

Marsh flagg flowers take a good handfull and street dokes the tops as much beat ij^m in a morter; as much juice as you have take as much spirit of rosmery and spirit of hony mix them together to anoynt the place.

Dr. Sydenhams prescription for the ^{6th} for
the head
119

Take, conserve of roman wormwood and orange
spel candid ^{of each 1 oz.} Angelico and nutmeggs & venice
treacle of each 3 drachms with a sufficient quan-
tity of shrup of candid citrons to make it into an
electuary of which take the quantity or bigness
of a nutmegg evry morning and night drinking
6 spoonfulls of the following infusion.

Take the roots of horse radish Elecampane
Angelico of each half an ounce. garden Savory
grass, white horehound, the tops of Roman
wormwood century and broom of each 1 handful
chamomill flowers 1 pugill Juniper berries
6 drachms the Rhinds of 2 oranges putt in
little pieces. These are to be infused cold
in five pints of sack so long as is convenient
and strained when you use it

62 Mr Callys bitter drink for y^e head

120

Take of the tops of Century flowers of camomill of each a pugill, gentian root a scruple lena and cardus of each a drachm Infuse them in a pint of spring water to the evaporation of half of it then strain it and drink it for severall days together as you shall find convenient.

An infusion in Sherry

121

Take rosemary tops camomill flower Century of each a small pugill, cardus and citron seeds of each Drachm bruised of gentian root thin sliced 2 scruples infuse them 2 days in a quart of the best Sherry Then strain them and drink 3 spoonfulls in the morning and as much at 4 in the afternoon fasting an hour after it.

Pills for the head, and for the
stomach.

122

Take half a dram of Dale rufey, and —
three grains of powder of Pastor and —
mixe it up it is one dose, jt is to
be made in to four pills. Take all
att night when one goeth to bed.

123 To Pickle Walnuts

Take green walnuts, pick them from y^e stalk & put y^m into
cold water lett them on a gentle fire till y^e outward skin
begins to peal off. then wipe it of w^t a coarse cloath and then
put them into a tub or pot, put salt & water to them, change
them once a day till till y^e bitterness & discoloring of y^e water
be gone. then take a good quantity of mustard seeds & beat it w^t
vinegar till it becomes coarse mustard. then take some cloves of
garlick & shallots ginger & a little beaten cloves & mace
mingle it w^t the mustard. then make a slit in each nut
& put in as much as you can. then take vineger & boyle it
before you take it off y^e fire put in some whole pepper ginger
cloves, mace & some of y^e afore y^e mustard & garlick. put y^e nuts into
& liquor boylng hot, then cover them very close in an earthen
pot & keep them for your use

64

24

For Madness in Men
or Beasts

Take of Agrimony roots Primrose roots,
 Dragon roots, Single-Pony roots of each one
 handfull, the Black of Crabb-clawes prepar'd
 i ounce. Venice Treacle i ounce; the Leavys of
 Box bruist one handfull. Starr of the earth 2
 handfulls. Beat all these, and bruise um eogeaither
 then boyle um in about a Gallon of MILK till
 half be boyl'd away then putt it into bottlos -
 unstrain'd and give of it 3 or 4 larg spoonfulls
 at a time 3 mornings together, before new
 and full moone. Observe that before you beginn
 to give it, to take away a little blood. Some
 of these herbs being difficult to be had in winter
 may be gatherd in due season, and being dryed
 and powdered may be given mixed with the
 Crabb clawes and Treacle and Salot oyle and
 it will do the same.

Dr

25
To make Alarchepain

65

Take to i pound of Almonds i pound of double
refind sugar beaten and serset first beat your
Almonds with as much rose water as will keepe
them from oyling; putting in not above half
a spoonfull att a time: when they are beaten
verry fine, then mixe um with your sugar: so
make um into fakds uppon little square papds
then bake um ~~on the~~ with a Swift fire: and
when they are hard enough to turne, then bake
um on the other side uppon fresh papds; and
when they are bakd on both sides, then Ied um
with a soft icd, and as you icd um: bake first
one side, then tother and so turne um off uppon
a pye-plate, and lett um be often turned till they
are drye. Your Almonds shoule be twelve
hours in ^{cold} water before they are blanchid,

126

A May-Dish.

Take a quart of Breame and ten Eggs broke into it: stir it upon the fire till it turne to curds, poure it into a Napkin, hang it up till all the whey is out: a quarter of a pound of Almonds beaten very fine in sole Water: 2 Nutmeggs grated and one pennyworth of Spinnage boyle and hach'd very small mixe all those wth to geather and boalon it with sugar and salt; one quarter of a pound of Butter and putt puff past ~~all~~ on a Dish upp & bottom

To Pickle Larg-Cucumbers.

127

Take Cucumbers about the bignes of a Mango wipem and cutt um in half: Scrape out all the seeds then putt in some clouds of garlick mustard seed and ginger, and tye um close with fine pack thread; lay um into a jarr: take as much vinaiger at will cover your Cucumbers and payle it with three or four handfulls of Salt to um, payling hott: Stopp the jarr very close with a cork, and lett um stand a week before you open um.

3

Take Bittony, Scabius, Plantine Brookeline of each
 a handfull: of water- crostes half a handfull: and
 half a handfull of the topps of Rosemary; and of
 scury-grass one Gallon: Stamp um and straine
 um in a gallon of your strongest Beere: then
 take four drachms of Long-pepper; half a drachm
 of grains, one drachm of cleuds and mace, and
 one pennyworth of Saffron beat um all small
 and mingle um togeather, then take your Beere
 and divide it into two parts, and putt one halfe
 of your Spices into one pottle of your Beere and
 lett it lye in as long as you think fitting: then
 take other halfe of your Spices, and putt um into
 the other pottle of your Beere and straine it
 out till the juice be thoroughly out: and so drinke
 of it six or seven tinctures a day thred or four
 spoonfulls at a time for ten dayes together

Robert Est

To make Almond
Ginger - Bread

Blanch a pound of the best Jordan Almonds
 Beat a few of um at a time, droppin a little
 Rose or orange water to keep um from oxyling
 They must be Beat to a perfect past one pound
 and half of double-refind Sugar serred very fine
 and powder ginger to your tast: as much
 Gum dragon as a Nutt infused in orange flower
 water Beat all thos in a morter till it is
 well mixt. To make the browne add Cinnamon
 powder, and twelve drops of spiritt of Cinnamon
 If you please make up the white with fine sugar
 and the browne with Cinnamon powder: role it
 out and print it: then lay it before the fire to
 drye

130

For those that Cant hold
their water

69

Z

Take the claws of Hogg's don't wash um,
drye um in an oven, but obture they are not burnit
beat um to powder sift um take as much of the
powder, as will lye on a sixpence morning and
night till you are curdd

131

C. a pote Craw-fish

Take the Butter and Clarifye it with a
good quantity of Mace; then keep shaking it over a
chafing-dish of Golds till the fish be all pickt and
put in an Anchovy while you shake them and when
you heat them againe put to them a sliced or two of
Lemon as you pick them put them to the butter, and
pick them while hott.

70 To make Plague Water

152

Sage, Sallendin, Rosemary, nornewood Mugg worth,
Dragons, Pimpernell, Scabious Egrimony, Rosa-Solis,
Scordium, Sintery, Rew, Bittony Cardus Benedictus
Marygolds flowers, of each one handfull: Roots of Gentian
Tormentill, Glicompane, Angollie, Ledeary English Licorish
of each an ounce: beat roots and herbs in a stone Mortar
then Sleep um two dayds in a gallon of White-wine, and
one quart of sack. Distill it in a rote-Still well pasted round
with rye-past, and the Receiver well stopp'd close with Browne
paper lett it runn on white sugar-candy two ounces to a
bottle: You may putt the first and Seconde running together
for that will make both good

153

To make haire growe wher there is none

Take beets and burne um upon a fire shovell or some
such thing: then Boyle the ashes of the Beets in sallet ale
then annoynt the place therewith where you would have
haire growe, and in a short time you shall obtaine
your adive

133 Docter Lovers receipt for g Scury 71

Take a pound and a halfe of Dock rootes, three
handfulls of harts Tongue, four handfulls of Dandellion
rootes; ~~then~~ three handfulls of fementarye putt them into
a bagg to foure gallons of small Ale.

134 Expelling of wind

Take dry perferv'd Clicompany as much as will lyg
on a shillings flifted in a spoonfull of bevere or any other
lickoure in the morning fasting and in the medle of the meale
or any other time of wind troubles you.

135 Lady Russells Black puddings

Take a pottell of Cuttlins pick it well, Boyle a gallon
of milke and putt them in, keepe it stirring yet it burne not
till it is as thick as a puding, then putt it in an earthen
pan and cover it close all night; then take penroyall, sage
& fennell of each a good handfull a great cynion & 3 or 4
leeks heads, to this putt of Beefe leevit shred, 4 or 5
eggs beaten some salt, a spoonfull of beaten pepper and
a nutmeg grated, to this add a boone a quart of sheeps
bloude, you may make them with hogges bloud and fat
etc male if you please.

36

To Dreck a Calfers Head

Wash the Calfes head well, all of blood out, lay it flat in a pan, with the tongue and brains in, a good piece of Bacon under each side cut it crosse as for brayling, and wash it over with butter, and strow salt and shred sage on it, and then dredge it with flowers, put a pinte of water and a little whole pepper and a bunch of sweet herbs in the pan, and an onion have ready as full or more of oysters steved in their own liquor a blade of mace and a little pepper and a littly white wine and when the head is baked take some of the liquor it was baked with (without of fat), and break the brains small in, and put it to the oysters and shake it together with a quarter of a pound of butter and pour it into yr dish cut the bacon in pieces, and lay upon yr head with some lemon.

37

To pickle Cowcombers in Slices

Take 30 large cowcombers, slice them and fine onions sliced, put them into a pan togather, and strow tow handfulls of salt on them let them stand a day and night in the liquor, then drain them very well then put them into the pott you keep them in, then take yngifer put in cloves mace and whit paper boyle them togather and put them to y^r cowcombers boylung hot, cover them very close and let them stand two day then pour out the liquor and boyle it over again then put it on them as hott as before, and when cold tye them down very close

take a Bushel of ripe Elder Burrys picked from
the stalkes bruse them and putt to them as much
fair warter as will cover them and a quart of ale yeast
and a pound of powder sugar, stire it all together and
cover them close and lett them worke nine dayes
stiring them once a day, then stile them in a Limbeck.
you may draw off a gallon of warter.

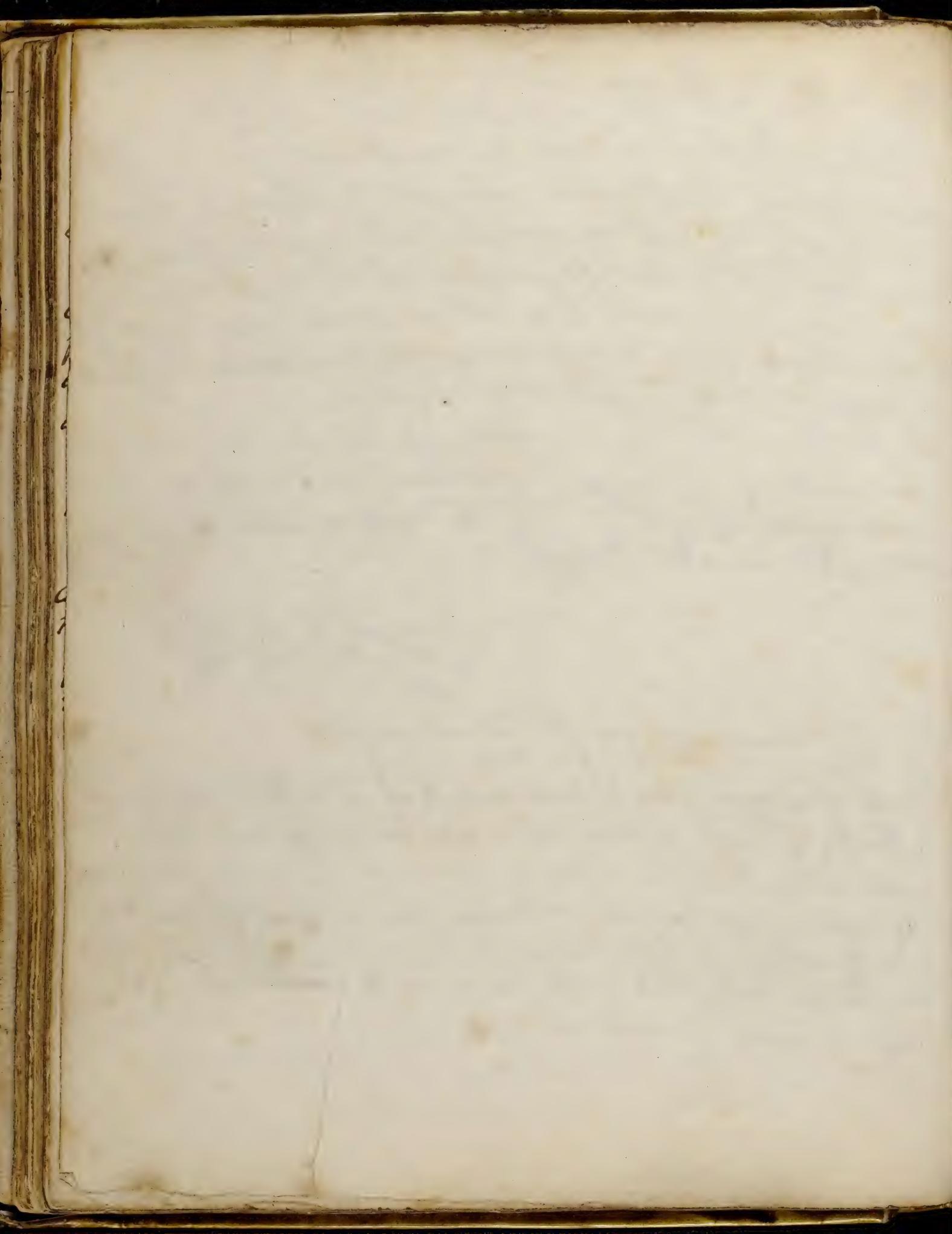
take first in the morning three spoonfulls for three
weeke together or longer if there be occasion.
this is excellent for Collicke taken when the pain
comes, and for the droopy

Sir Ed. Graves
phar. 18th Med. Bk^o

159 Dr. Graves Receipt for Convulsion fits

take of Pianie roots & dead mens scull of each a drame and
a halfe, of Thoate of Ales and white Amber of each halfe a
drame of East Bezer 6 grains, lett these be made into a powder
and devided into 10 papers taking one morning and night
in a spoonfull of the salipe.

the salipe bathglasses warter 3 ounces, of ~~Pianie~~^{Pianie} warter and
syrup of pianie of each an once



140

Take a old Red Cock, 2 ounce of China, 1 ounce of
Correander seeds, 2 Drameys of mace; boile all these in 6
Gallons of sweet Worts till 2 gallons be wasted. Then worke
it up, with barme as you doe ale, and when you turn it put
into the Barrel 2 ounce of cream of Farter in the lumpe,
and 2 ounce of melted Steel tied up in a Canver bagg.

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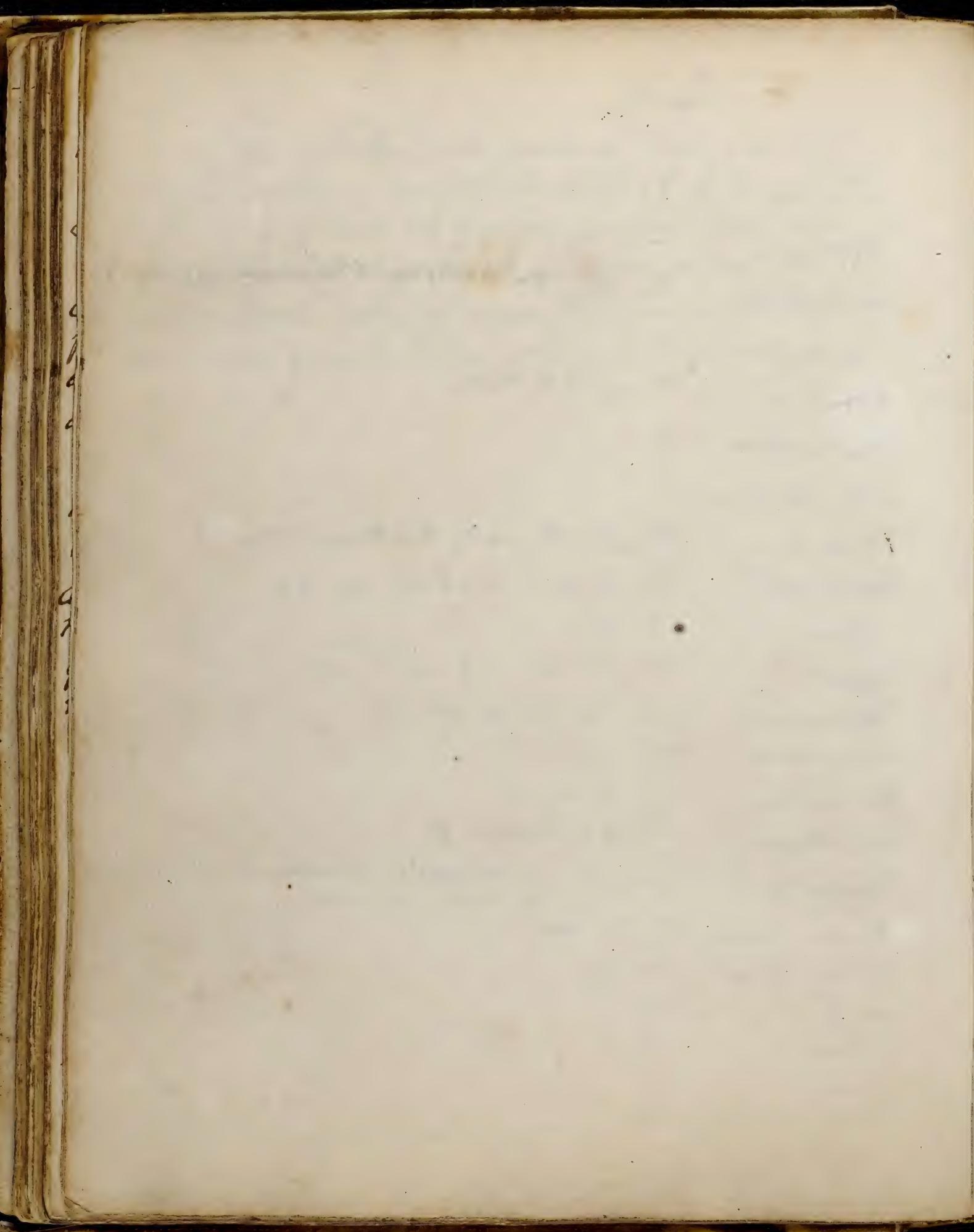
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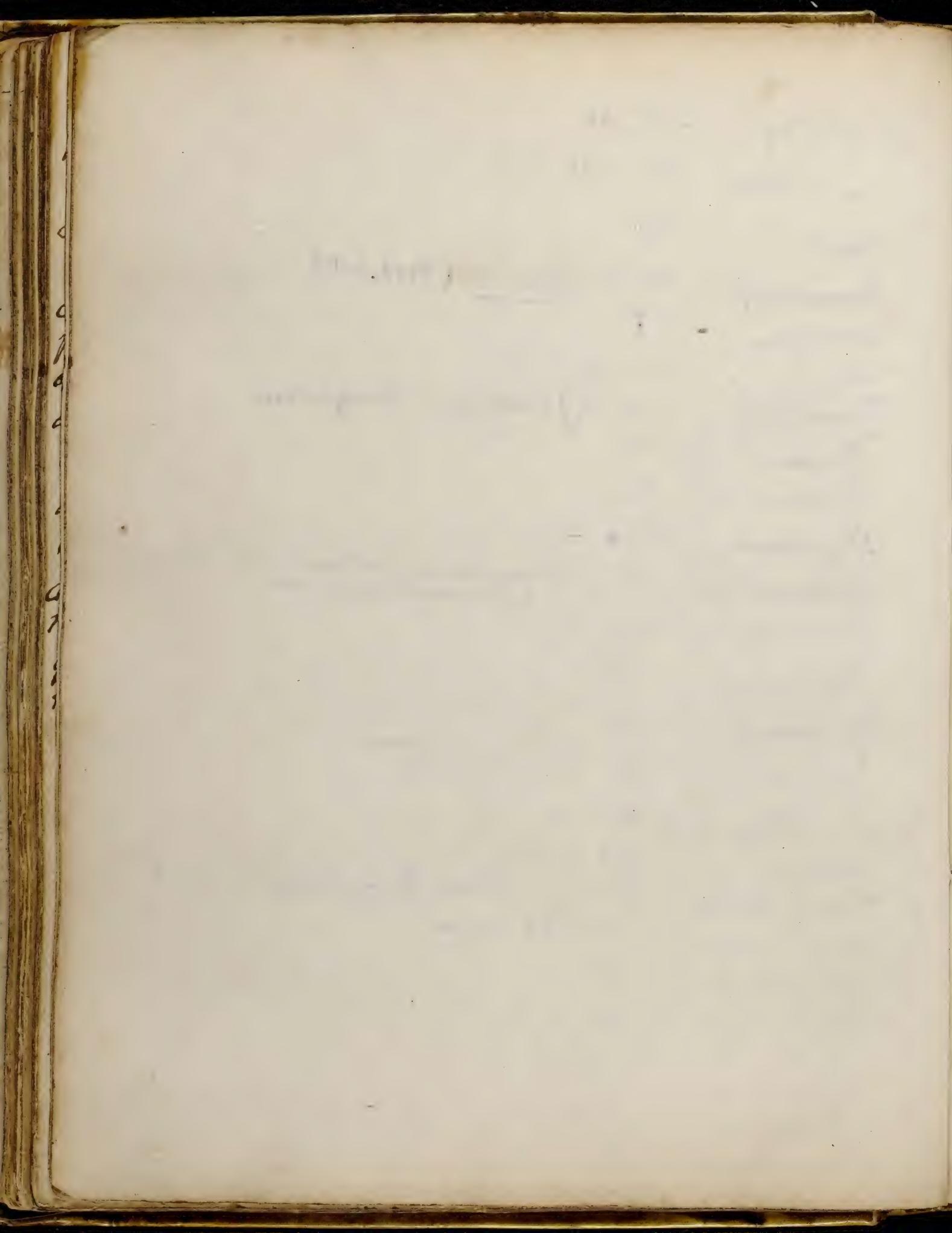
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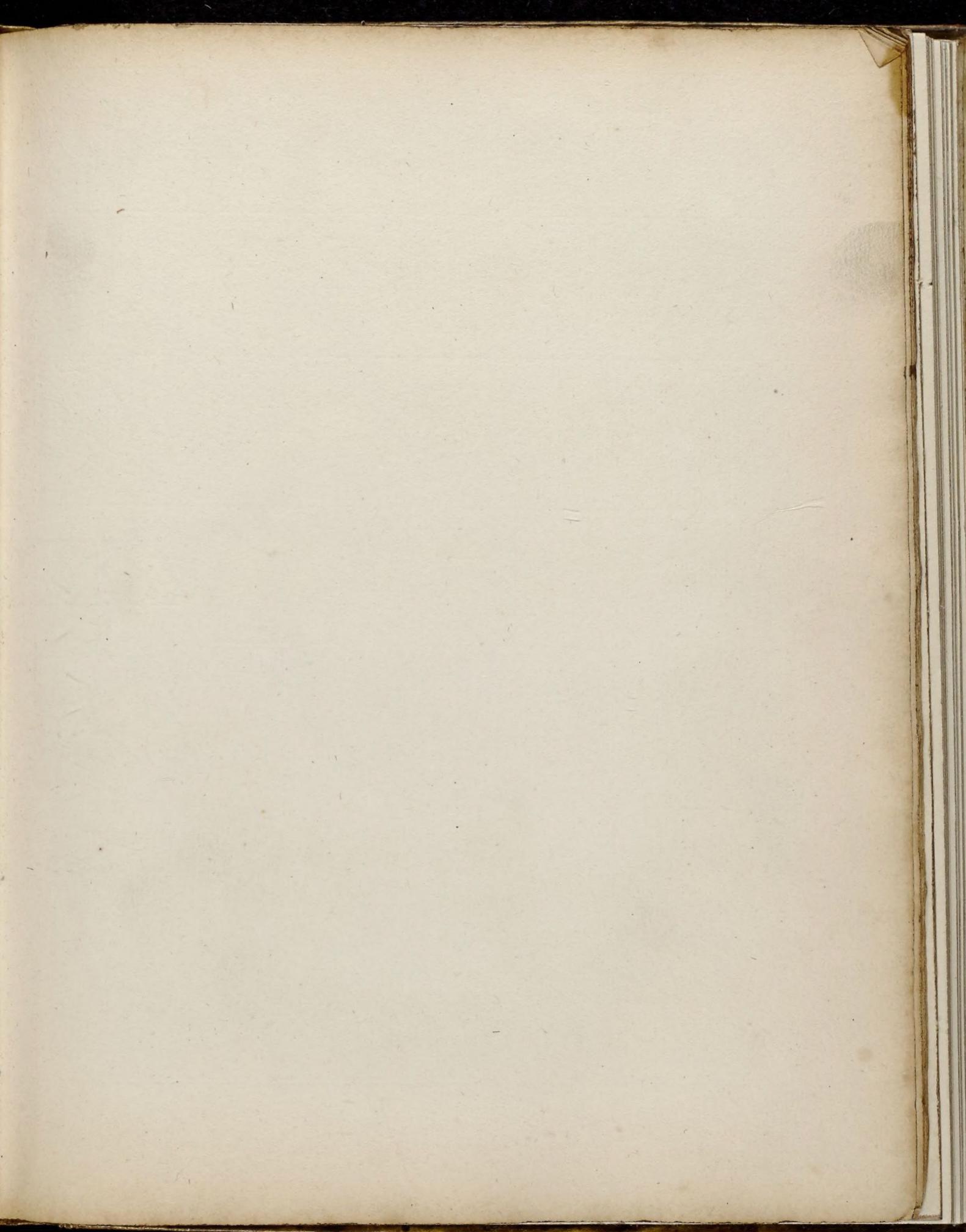
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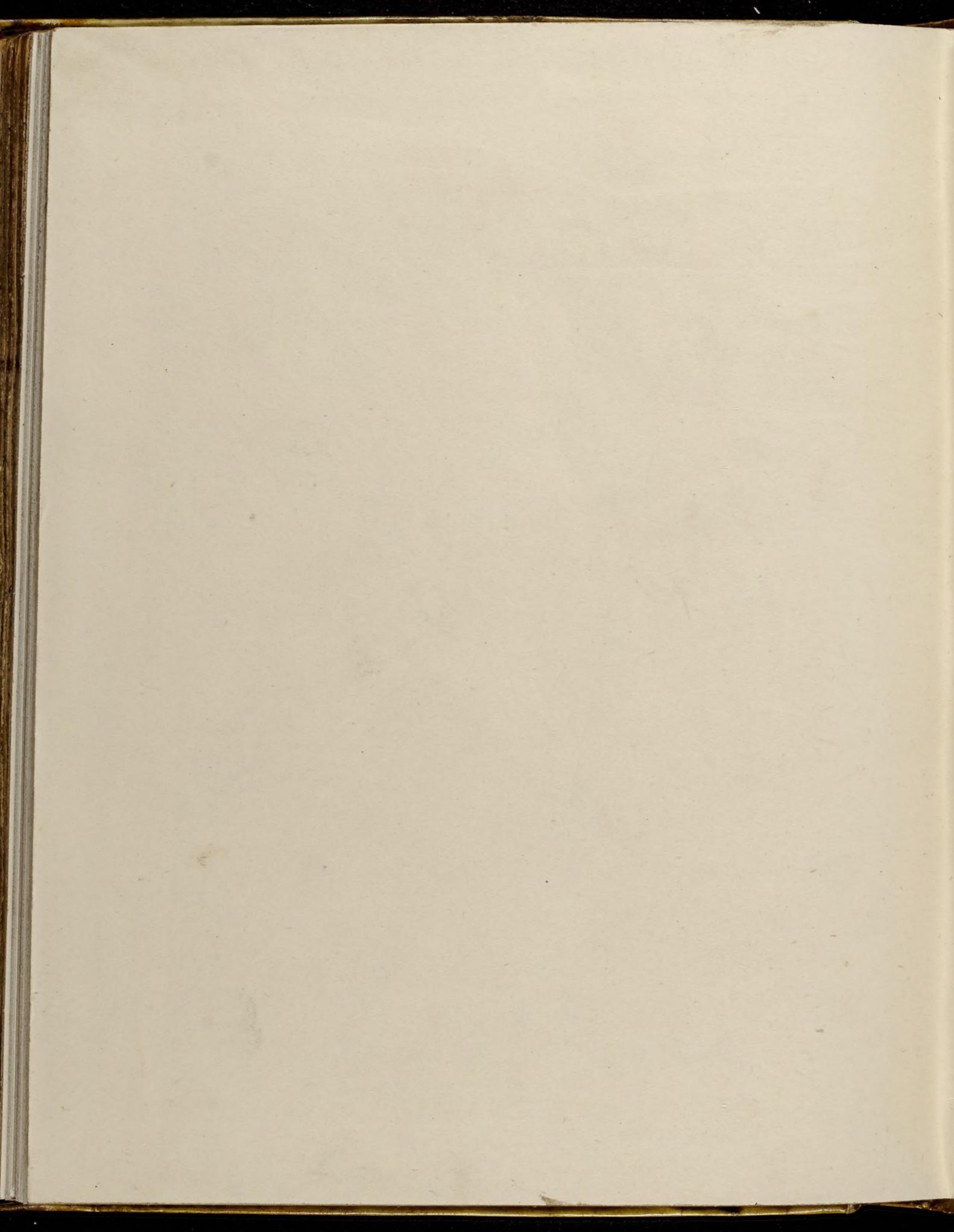
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